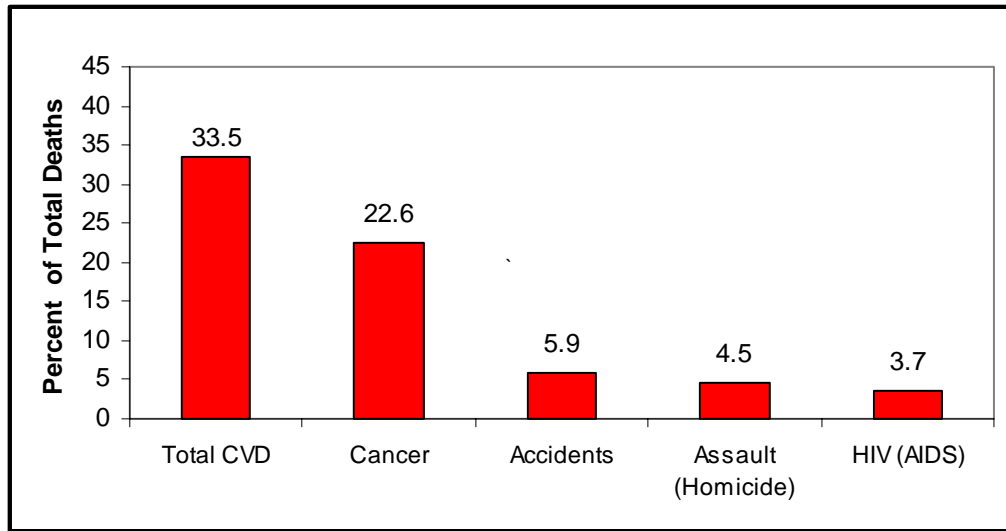


## Statistical Fact Sheet — Populations

### African Americans and Cardiovascular Diseases

#### Leading Causes of Death for Black Males

United States: 2000

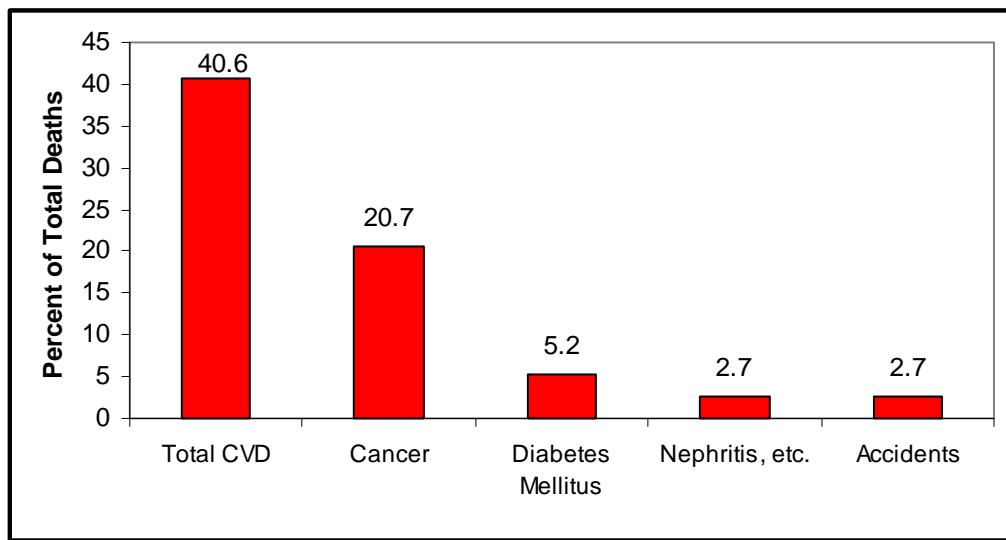


Note: Total CVD = Cardiovascular diseases including congenital cardiovascular defects. Using "Diseases of the Heart, and Stroke," which do not constitute total CVD, the percentage would be 30.8.

Source: CDC/NCHS.

#### Leading Causes of Death for Black Females

United States: 2000

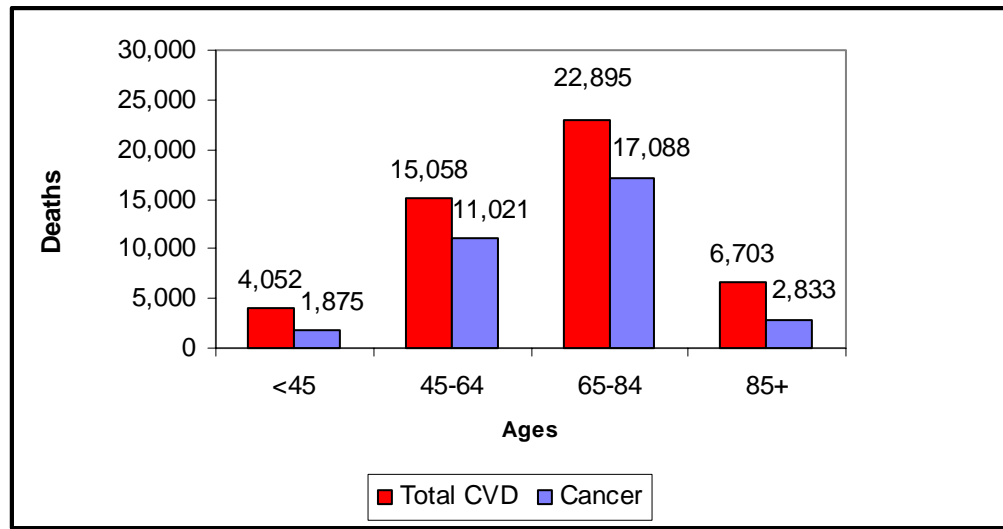


Note: Total CVD = Cardiovascular diseases including congenital cardiovascular defects. Using "Diseases of the Heart, and Stroke," which do not constitute total CVD, the percentage would be 37.0.

Source: CDC/NCHS.

**Deaths From Cardiovascular Diseases and Cancer for Black Males by Age**

United States: 2000

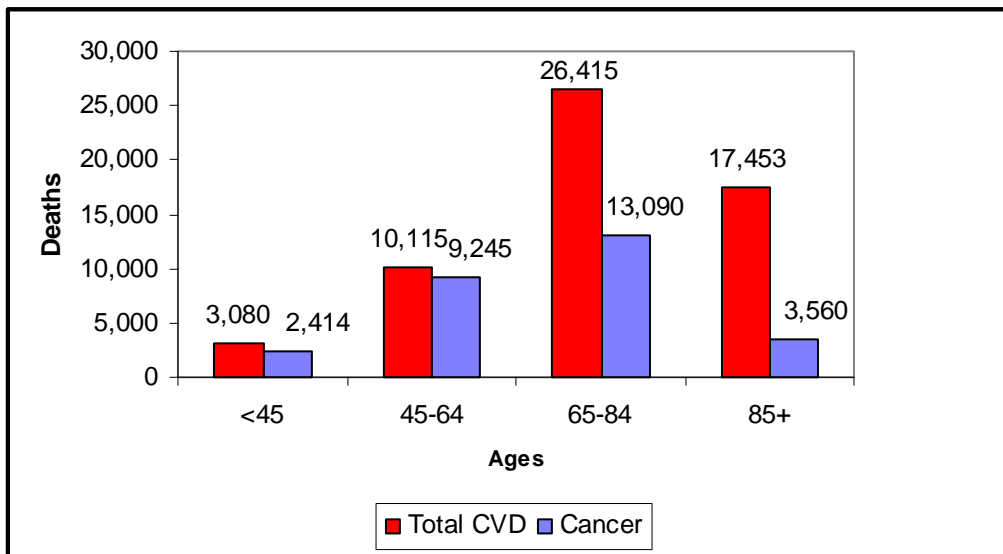


Note: Total CVD = Cardiovascular diseases and congenital cardiovascular defects.

Source: CDC/NCHS.

**Deaths From Cardiovascular Diseases and Cancer for Black Females by Age**

United States: 2000



Note: Total CVD = Cardiovascular diseases and congenital cardiovascular defects.

Source: CDC/NCHS.

**Note:** U.S. government agencies and population surveys use the terms “blacks” and “non-Hispanic blacks.” Death rates are age-adjusted per 100,000 population, based on the 2000 U.S. standard. Some data are reported according to ICD/9 codes and some use ICD/10 codes.

**Cardiovascular Disease (CVD)** (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- Among non-Hispanic blacks age 20 and older, the following have CVD:
  - 40.5 percent of men.
  - 39.6 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- In 2000 CVD caused the deaths of
  - 48,708 black males.
  - 57,063 black females.
- The 2000 overall death rate from CVD was 343.1. Death rates for blacks were
  - 509.6 for males.
  - 397.1 for females.
- Age-adjusted death rates for “Diseases of the Heart” from 1990 to 1998 declined 11 percent for non-Hispanic blacks. (Healthy People statistical notes, No.23, NCHS, Jan.2002)
- Black and Mexican-American women have higher CVD risk factors than white women of comparable socioeconomic status (SES). (NHANES III [1988-94], CDC/NCHS, *JAMA*. 1998;280:356-362)

**Coronary Heart Disease (CHD)** (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- Among non-Hispanic blacks age 20 and older, the following have CHD:
  - 7.1 percent of men.
  - 9.0 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- The annual rates per 1,000 population of new and recurrent heart attacks in black men are
  - 16.3 for ages 65-74.
  - 54.9 for ages 75-84.
  - 40.8 for age 85 and older.For black women the rates are
  - 13.3 for ages 65-74.
  - 18.3 for ages 65-74.
  - 14.1 for age 85 and older.(CHS, NHLBI)
- In 2000 CHD caused the deaths of
  - 24,625 black males.
  - 26,640 black females.
- The 2000 overall CHD death rate was 186.9. Death rates for blacks were
  - 262.4 for males.
  - 187.5 for females.
- In 2000 myocardial infarction (MI) (heart attack) caused the deaths of 9,045 black males and 10,067 black females.

### Angina Pectoris (ICD/10 code I20) (ICD/9 code 413)

- Angina (chest pain or discomfort caused by reduced blood supply to the heart muscle) is more common in women than in men. Among non-Hispanic blacks age 20 and older,
  - 3.1 percent of men have angina.
  - 6.2 percent of women have angina.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- The annual rates per 1,000 population of new and recurrent episodes of angina for black men are
  - 26.1 for ages 65-74.
  - 52.2 for ages 75-84.
  - 43.5 for age 85 and older.

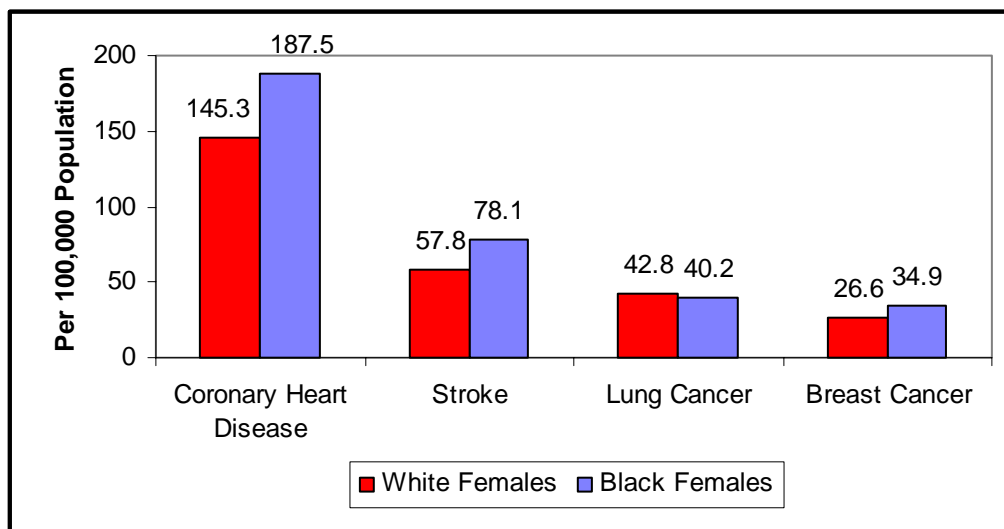
For black women the rates are

- 29.4 for ages 65-74.
- 37.7 for ages 75-84.
- 15.2 for age 85 and older.

(CHS, NHLBI)

### Age-Adjusted Death Rates for Coronary Heart Disease, Stroke, and Lung and Breast Cancer for White and Black Females

United States: 2000



Source: CDC/NCHS.

### Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- Among non-Hispanic blacks age 20 and older, the following have had a stroke:
  - 2.5 percent of men.
  - 3.2 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- The age-adjusted stroke incidence rates (per 100,000) for first-ever strokes are
  - 323 for black males.
  - 260 for black females.

- Blacks have almost twice the risk of first-ever stroke compared with whites. (Various studies, NINDS)
- In 2000 stroke caused the deaths of
  - 8,026 black males.
  - 11,195 black females.
- The 2000 overall death rate for stroke was 60.8. Death rates for blacks were
  - 87.1 for males.
  - 78.1 for females.
- Racial and ethnic minority populations **in some age groups** have a higher relative risk of stroke death when compared with the U.S. non-Hispanic white population. Among non-Hispanic blacks, the relative risk is
  - 4 times higher at ages 35-54.
  - 3 times higher at ages 55-64.
  - almost 2 times higher at ages 65-74.
  - 1.2 times higher at ages 75-84.
  - slightly lower at age 85 and older.

(MMWR, Vol. 49, No. 5, Feb. 11, 2000, CDC/NCHS)
- Between 1980 and 1999, the hospital discharge rates for stroke increased for blacks and whites. The in-hospital mortality rates were similar and decreased for both black and white patients. Generally, the risk of a stroke hospitalization was greater for blacks than for whites by more than 70 percent. (*Neuroepidemiology*. 2002;21:131-141)

## High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

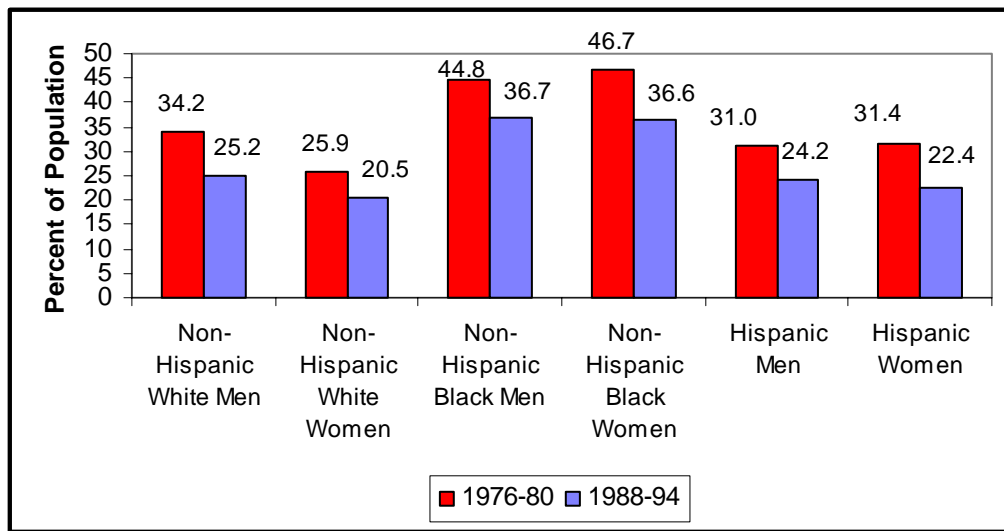
- Among non-Hispanic blacks age 20 and older, the following have HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher, or taking antihypertensive medicine):
  - 36.7 percent of men.
  - 36.6 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- The prevalence of HBP among blacks and whites in the Southeastern United States is greater and death rates from stroke are higher than among those in other regions.
- The prevalence of high blood pressure in African Americans in the United States is among the highest in the world.
- Within the African-American community, rates of hypertension vary substantially.
  - Those with the highest rates are more likely to be middle aged or older, less educated, overweight or obese, physically inactive, and to have diabetes.
  - Those with the lowest rates are more likely to be younger, but also overweight or obese.
  - Those with uncontrolled HBP who are not on antihypertensive medication tend to be male, younger and have infrequent contact with a physician.

(NHANES III [1988-94], *Prev Med*. 2002;35:303-312)

### Age-Adjusted Prevalence Trends for High Blood Pressure, Ages 20-74 by Race/Ethnicity, Sex and Survey

United States: 1976-80 and 1988-94



Source: NHANES II (1976-80) and NHANES III (1988-94), CDC/NCHS. Data based on multiple measures of blood pressure.

- Compared with white women, black women have an 85 percent higher rate of ambulatory medical care visits for hypertension. (Utilization of Ambulatory Medical Care by Women: U.S., 1997-98, NCHS, 2001)
- Compared with whites, blacks develop HBP earlier in life and their average blood pressures are much higher. As a result, compared with whites, blacks have a 1.3 times greater rate of nonfatal stroke, a 1.8 times greater rate of fatal stroke, a 1.5 times greater rate of heart disease death and a 4.2 times greater rate of end-stage kidney disease. (JNC V and VI)
- Mean systolic blood pressure for black women ages 25-64 by educational attainment is,
  - less than 9 years of education, 130.8.
  - 9-11 years of education, 123.6.
  - 12 years of education, 120.8.
  - more than 12 years of education, 117.0.
 (NHANES III [1988-94], CDC/NCHS)
- As many as 30 percent of all deaths in hypertensive black men and 20 percent of all deaths in hypertensive black women may be attributable to HBP. (JNC V and VI)
- In 2000 HBP caused the deaths of
  - 4,670 black males.
  - 5,912 black females.
- The 2000 overall death rate from HBP was 16.2. Death rates for blacks were
  - 46.3 for males.
  - 40.8 for females.

## **End-Stage Renal Disease (ESRD)** (ICD/10 code N18.0)

- Blacks and Native Americans have much higher rates of ESRD than whites and Asians. Blacks represent 32 percent of treated ESRD patients.

## **Arteries, Diseases of** (ICD/10 codes I70-I79) (ICD/9 codes 440-448) (Includes peripheral vascular disease)

- Deep vein thrombosis — Medicare recipients age 65 and older reported 30-day case fatality rates in patients with pulmonary embolism (PE). Overall, blacks had higher fatality rates than whites (16.1 percent vs. 12.9 percent).

## **Cardiomyopathy** (ICD/10 code I42) (ICD/9 code 425)

- Mortality from cardiomyopathy is highest in older persons, men and blacks. (Framingham Heart Study, NHLBI)

## **Congenital Cardiovascular Defects** (ICD/10 codes Q20-Q28) (ICD/9 codes 745-747)

- The 2000 overall death rate for congenital cardiovascular defects was 1.6. Death rates for blacks were
  - 2.1 for males.
  - 1.8 for females.
- 2000 crude infant death rates (under 1 year) were
  - 45.7 for white babies.
  - 62.8 for black babies.

## **Congestive Heart Failure (CHF)** (ICD/10 code I50.0) (ICD/9 code 428.0)

- Among non-Hispanic blacks age 20 and older, the following have CHF:
  - 3.5 percent of men.
  - 3.1 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- The annual rates per 1,000 population of new and recurrent CHF events for black men are
  - 21.1 for ages 65-74.
  - 52.0 for ages 75-84.
  - 66.7 for age 85 and older.For black women the rates are
  - 18.9 for ages 65-74.
  - 33.5 for ages 75-84.
  - 48.4 for age 85 and older.(CHS, NHLBI)
- In 2000 CHF caused the deaths of
  - 1,701 black males.
  - 2,726 black females.

- The 2000 overall death rate from CHF was 18.7. Death rates for blacks were
  - 20.4 for males.
  - 19.3 for females.

### **Rheumatic Fever/Rheumatic Heart Disease (RF/RHD)** (ICD/10 codes I00-I09) (ICD/9 codes 390-398)

- The incidence of rheumatic fever remains higher in blacks, Puerto Ricans, Mexican Americans and American Indians.
- In 2000 rheumatic fever and rheumatic heart disease caused the deaths of
  - 79 black males.
  - 186 black females.
- The 2000 overall death rate from RF/RHD was 1.3. Death rates for blacks were
  - 0.7 for males.
  - 1.2 for females.

### **Tobacco Smoke**

- From 1980 to 2001, the percentage of high school seniors who smoked in the past month decreased 3.3 percent.
  - For whites it increased 10.0 percent.
  - For blacks there was a 48.8 percent decrease.

*(Health United States 2002, CDC/NCHS)*

- Among blacks or African Americans age 18 and older, it's estimated that the following smoke:
  - 26.1 percent of men.
  - 20.8 percent of women.

*(Health United States, 2002, CDC/NCHS)*

- 37 percent of non-Hispanic black adults who don't use tobacco reported exposure to environmental tobacco smoke at home or at work. (NHANES III [1988-91], CDC/NCHS)
- Among non-Hispanic blacks ages 18-24 with less than 12 years of education,
  - 26.7 percent of men smoke.
  - 34.3 percent of women smoke.

Among those with 12 years of education,

- 24.1 percent of men smoke.
- 14.1 percent of women smoke.

Among those with more than 12 years of education,

- 16.4 percent of men smoke.
- 12.8 percent of women smoke.

*(NHANES III [1988-94], CDC/NCHS)*



- Current cigarette smoking among black women ages 25-64 by educational attainment is
  - 32.6 percent of those with under 9 years of education.
  - 49.2 percent of those with 9-11 years of education.
  - 34.6 percent of those with 12 years of education.
  - 23.5 percent of those with more than 12 years of education.

(NHANES III [1988-94], CDC/NCHS)

### High Blood Cholesterol and Other Lipids

- Among children and adolescents ages 4-19 years, non-Hispanic black children and adolescents have significantly higher mean total cholesterol, LDL cholesterol and high-density lipoprotein (HDL) cholesterol (good cholesterol) levels when compared with non-Hispanic white and Mexican-American children and adolescents. (NHANES III [1988-94], CDC/NCHS)

- Among children and adolescents ages 4-19, the mean total blood cholesterol level is 165 mg/dL. For boys it's 163 mg/dL and for girls it's 167 mg/dL. For non-Hispanic blacks, it's
  - 168 mg/dL for boys.
  - 171 mg/dL for girls.

(NHANES [1999-2000], CDC/NCHS)

- In 2000, 50 million adult men and 55 million adult women had total blood cholesterol levels of 200 mg/dL or higher. In adults, total cholesterol levels of 240 mg/dL or higher are considered high risk. Levels from 200 to 239 mg/dL are considered borderline-high risk. (NHANES III [1988-94], CDC/NCHS)
- Among non-Hispanic blacks ages 20-74, the following have total blood cholesterol levels of 200 mg/dL or higher:
  - 45 percent of men.
  - 46 percent of women.

Of these, the following have levels of 240 mg/dL or higher:

- 15 percent of men.
- 18 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among non-Hispanic blacks age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:
  - 46.3 percent of men.
  - 41.6 percent of women.

Of these, an LDL cholesterol of 160 mg/dL or higher is found in

- 19.3 percent of men.
- 18.8 percent of women.

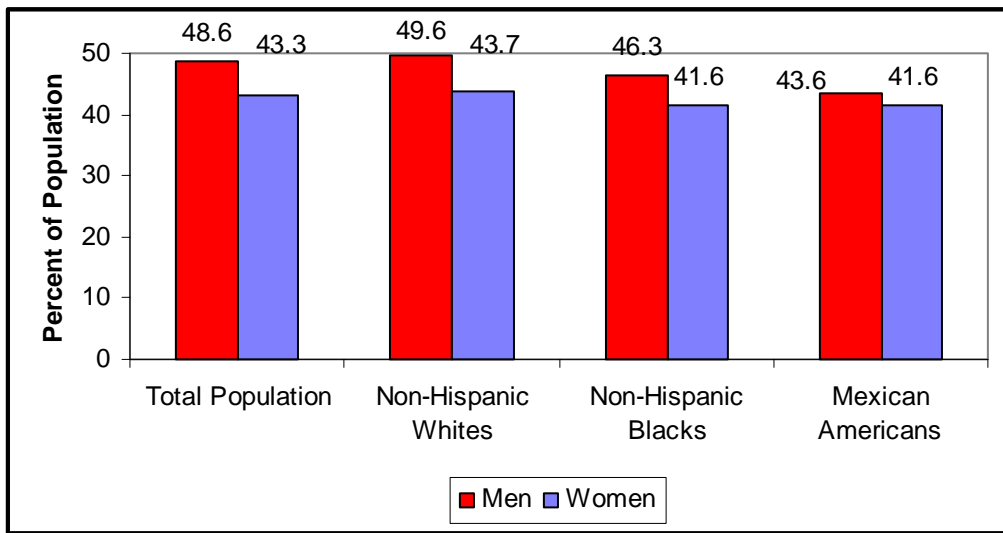
Low-density lipoprotein (LDL) or “bad” cholesterol levels of 130-159 mg/dL are considered borderline high. Levels of 160-189 mg/dL are classified as high, and levels of 190 mg/dL or higher are very high. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- Among non-Hispanic blacks age 20 and older, the following have an HDL cholesterol less than 40 mg/dL:
  - 24.3 percent of men.
  - 13.0 percent of women.

High-density lipoprotein (HDL) or “good” cholesterol levels of less than 40 mg/dL are associated with a higher risk of coronary heart disease. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

### Age-Adjusted Prevalence of Americans Age 20 and Older With LDL Cholesterol of 130 mg/dL or Higher by Race/Ethnicity and Sex

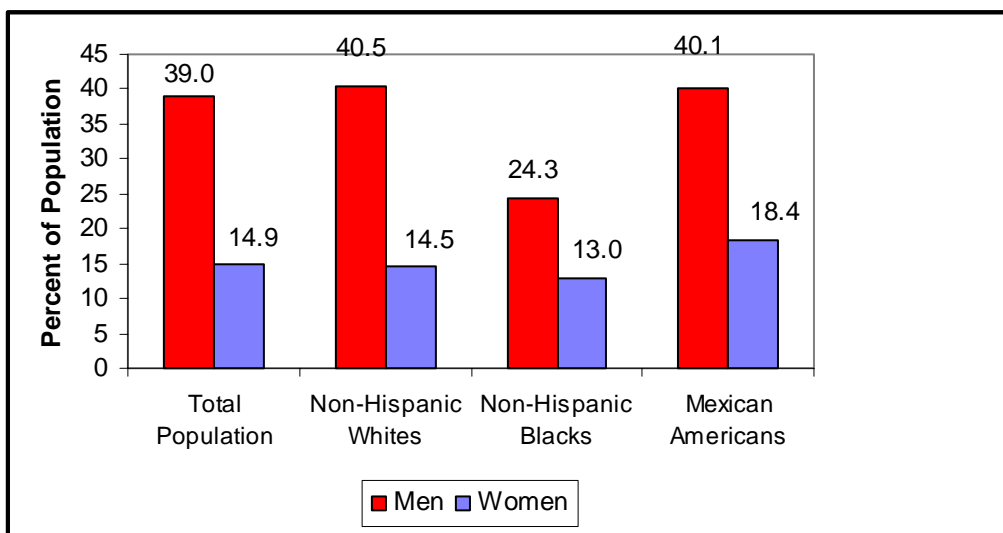
United States: 1988-94



Source: NHANES III (1988-94), CDC/NCHS.

### Age-Adjusted Prevalence of Americans Age 20 and Older With HDL Cholesterol of 40 mg/dL or Lower by Race/Ethnicity and Sex

United States: 1988-94



Source: NHANES III (1988-94), CDC/NCHS.

## Physical Inactivity

- Leisure-time physical inactivity is more prevalent among women than men, among non-Hispanic blacks and Hispanics than non-Hispanic whites, among older than younger adults and among the less affluent than the more affluent. (CDC/NCHS)
- Among non-Hispanic blacks in grades 9-12, the following report participation in **vigorous activity** during the past seven days:
  - 72.4 percent of males.
  - 47.8 percent of females.

The following report participation in **moderate activity** during the past seven days:

- 23.7 percent of males.
- 16.5 percent of females.

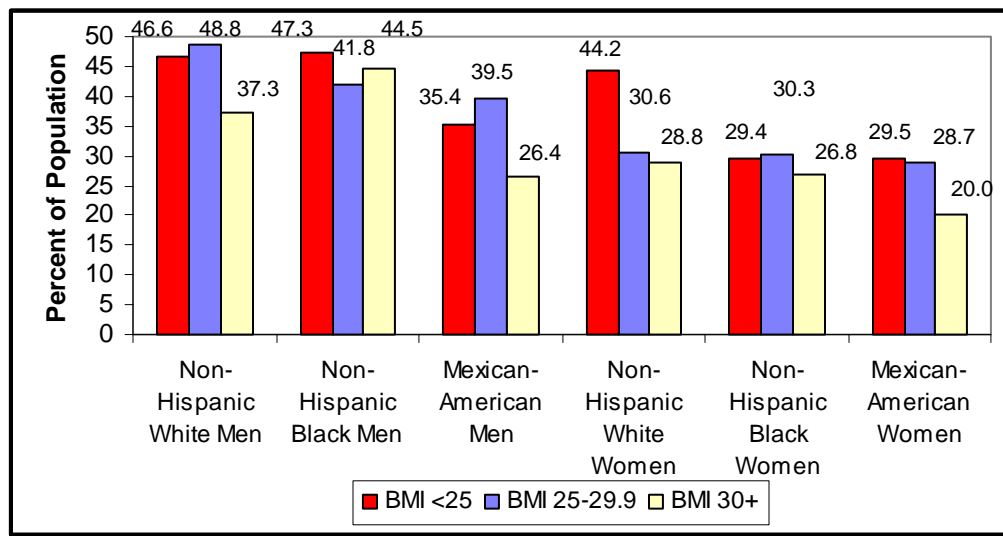
(YRBS [2001], CDC/NCHS)

- Among non-Hispanic blacks age 18 and older, the following report no leisure-time physical activity:
  - 44.1 percent of men.
  - 55.2 percent of women.

(NHIS [1997-98], CDC/NCHS)

## Prevalence of Moderate or Vigorous Physical Activity in Americans Age 20 and Older by Sex, Race/Ethnicity and BMI\*

United States: 1988-94



\* BMI indicates body mass index: weight in kilograms divided by height in meters squared ( $\text{kg}/\text{m}^2$ ).

Source: NHANES III (1988-94), CDC/NCHS.

## Overweight and Obesity

- Among non-Hispanic black American children ages 6-11, the following are overweight, using the 95<sup>th</sup> percentile of body mass index (BMI) values on the CDC 2000 growth chart:
  - 17.1 percent of boys.
  - 22.2 percent of girls.(NHANES [1999-2000], CDC/NCHS)
- Among non-Hispanic black adolescents ages 12-19, the following are overweight, using the 95<sup>th</sup> percentile of BMI values on the CDC 2000 growth chart:
  - 20.7 percent of boys.
  - 26.6 percent of girls.(NHANES [1999-2000], CDC/NCHS)
- Among non-Hispanic blacks age 20 and older, the following are overweight or obese, defined as a BMI of 25.0 kg/m<sup>2</sup> and higher:
  - 60.7 percent of men.
  - 77.3 percent of women.Of these, the following are obese, defined as a BMI of 30.0 kg/m<sup>2</sup> and higher:
  - 28.1 percent of men.
  - 49.7 percent of women.Estimates are age-adjusted. (NHANES [1999-2000], CDC/NCHS)

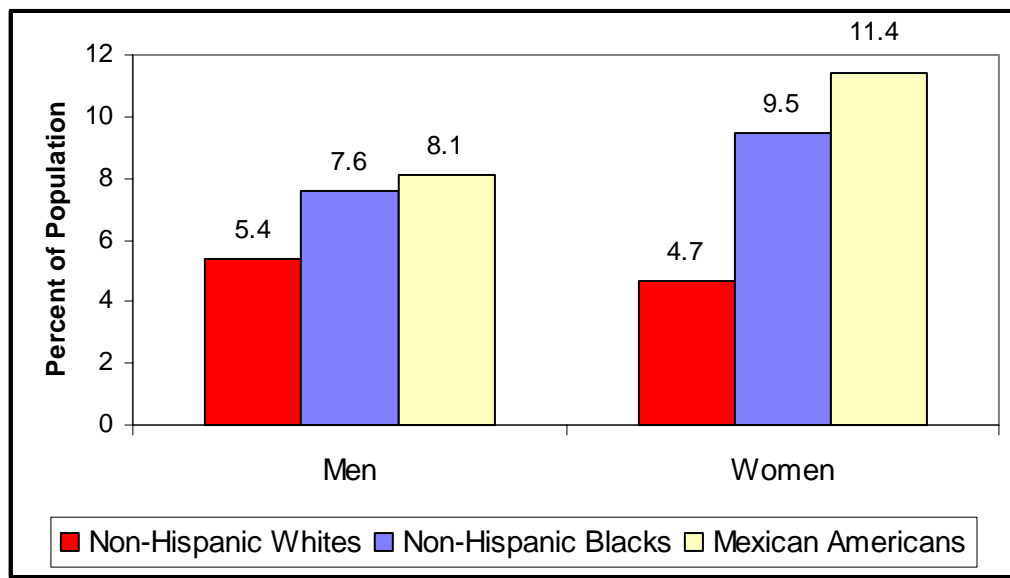
## Diabetes Mellitus (ICD/10 codes E10-E14) (ICD/9 code 250)

- The risk of diabetes for Mexican Americans and non-Hispanic blacks is almost twice that for non-Hispanic whites. (NHANES III [1988-94], CDC/NCHS)
- Among non-Hispanic blacks age 20 and older, the following have **physician-diagnosed diabetes**:
  - 7.6 percent of men.
  - 9.5 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among non-Hispanic blacks age 20 and older, the following have **undiagnosed diabetes**, using American Diabetes Association criteria of fasting plasma glucose of 126 mg/dL or more:
  - 2.8 percent of men.
  - 4.7 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among non-Hispanic blacks age 20 and older, the following have **pre-diabetes**, using American Diabetes Association criteria of fasting plasma glucose of 110 to less than 126 mg/dL:
  - 8.0 percent of men.
  - 6.8 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- In 2000 diabetes mellitus caused the deaths of
  - 4,771 black males.
  - 7,250 black females.
- The 2000 overall death rate from diabetes mellitus was 25.2. Death rates for blacks were
  - 47.8 for males.
  - 50.4 for females.

### Age-Adjusted Prevalence of Physician-Diagnosed Diabetes in Americans Age 20 and Older by Sex and Race/Ethnicity

United States: 1988-94



Source: NHANES III (1988-94), CDC/NCHS.

### Nutrition

- The average daily intake of total fat in the United States is 81.4 grams (g). For non-Hispanic blacks the average is 82.0 grams:
  - 94.6 g for males.
  - 71.2 g for females.
 (NHANES III [1988-94], CDC/NCHS)
- The average daily intake of saturated fat in the United States is 27.9 grams. For non-Hispanic blacks the average is 27.5 grams:
  - 31.7 g for males.
  - 23.8 g for females.
 (NHANES III [1988-94], CDC/NCHS)
- The recommended daily intake of dietary cholesterol for adults is less than 300 milligrams (mg). The average daily intake of dietary cholesterol in the United States is 269.6 mg. For non-Hispanic blacks the average is 297.9 milligrams:
  - 358.8 mg for males.
  - 245.6 mg for females.
 (NHANES III [1988-94], CDC/NCHS)

- The recommended daily intake of dietary fiber is 25 grams or more. Americans consume a daily average of 15.6 grams of dietary fiber. For non-Hispanic blacks the average is 13.4 grams:
  - 15.0 g for males.
  - 12.0 g for females.

(NHANES III [1988-94], CDC/NCHS)

### Source Footnotes

BRFSS – Behavioral Risk Factor Surveillance System

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

CHS – Cardiovascular Health Study (1988 to date)

JNC V – Fifth Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure

JNC VI – Sixth Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure

*MMWR – Morbidity and Mortality Weekly Report*

NHANES III (1988-91) – National Health and Nutrition Examination Survey III, Phase I

NHANES III (1988-94) – National Health and Nutrition Examination Survey III

NHIS – National Health Interview Survey

NHLBI – National Heart, Lung, and Blood Institute

YRBS – Youth Risk Behavior Surveillance